



Healthy Eating on a Dime: Eat Clean, Lose Weight, and Live Healthier Even If You Are on a Tight Budget (Paperback)

By Arthur Renzi

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. Do you constantly make the excuse of, it's too expensive to eat healthy? I know when I was struggling financially I was living on practically nothing. I would go purchase a pack of ramen from Costco and try to live off that week to week. It was literally all I thought I had money for. I soon found on that my thought was untrue. A friend of mine who is a nutritionist told me it's very easy to eat on a dime. She led me to a few websites and gave me a couple books to look into. After several weeks of research I compiled and created recipes that are cheap in price, but generous in portion size and taste. I know there are a lot of people in the world struggling financially, and food just seems to keep increasing in price while decreasing in value.

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